

Mindfulness: Stress, Depression and Maladaptive Internet Use
Amy Pildner, Jessica Ovalle & Rosie Veltri
Supervised by Hugh Stephenson

Mindfulness, or non-judgmental present moment awareness (Teper, Segal, Inzlicht, 2013), has been associated with positive health outcomes. Prior research has demonstrated the relationships between mindfulness with stress and depression (Sharma and Rush, 2014). Social Media use has been associated outcomes such as loneliness. Research has also examined the relationship between mindfulness and maladaptive internet use. The current study sought to replicate demonstrated relationships between mindfulness, stress and depression. It was hypothesized that trait mindfulness would predict lower levels of depression and lower levels of perceived stress. In addition, it was hypothesized that mindfulness would be negatively associated with maladaptive social media and internet use. In the current study the CAMS Scale was used to assess mindfulness. Other scales used included the Media and Technology Usage Scale, items from the Zung Depression Scale, and Perceived Stress Scale. The participants in this study included 114 undergraduate students from a small liberal arts college in the Northeast. Students were offered extra credit for their participation in the anonymous study and data was gathered online using Qualtrix. The data was analyzed using SPSS. The hypotheses were supported with substantial and meaningful differences found between those high and low in mindfulness with respect to stress, depression, and maladaptive internet use. These findings suggest that mindfulness has a meaningful impact on levels of stress, depression, and maladaptive internet use. These findings have immediate implications for individuals use of the internet and social media. Limitations to this study are discussed and suggestions for further research are offered.